



THE CENTER AT PRISCILLA PLACE



Senior Center Serving Adults Age 55+

23 Priscilla Place • (203) 452-5199

APRIL 2018

First Selectman (203) 452-5005

Vicki Tesoro

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5144

Administrative Assistant

Ashley Ryan Grace (203) 452-5199

Senior Center Receptionist

Jeannie Franco (203) 452-5199

Social Services (203) 452-5198

Jennifer Gillis (203) 452-5133

Food Pantry

Monica Vallejo (203) 452-5135

Save The Date!

Annual Tea Party

Thursday, May 17th

11:00 AM



Join us for our annual tea party. Wear your most fabulous tea hat and enjoy a lovely performance from the *Park Street Singers*. \$5.00 per person. Registration is required.



For more information and to RSVP, please call (203) 452-5199.

2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Mary Isaac

Marcy Kelly

CENTER HOURS

Monday through Friday
9:00 AM—4:00 PM

Highlighted Meal of the Month!

Wednesday, April 18th

11:30 AM

- *Tomato Soup*
- *Sweet & Sour Chicken*
- *White Rice with Broccoli*
- *Fresh fruit*

Suggested Donation \$3.25
**Reservations must be made (2)
days in advance by calling
203-378-3086**

Music will be played by
DJ Al Song!



Live Well Diabetes Workshop



6 Week Program

Thursdays:

12:30 PM-3:00 PM

April 5, 12, 19, 26, May 3, 10

To sign up, please call (203) 452-5199

You will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small and achievable goals

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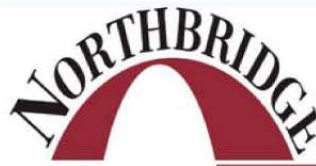
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Trumbull Senior Center

06-5293

WORKSHOPS, LUNCH AND LEARNS, EVENTS

Mark Albertson Returns! **The Russian Revolution** **Tuesday, April 10th, 10:30 AM:**

Revolution in Russia

(Held at the Senior Center)

Tuesday, April 24th, 10:30 AM:

Civil War in Russia

(Held at the Senior Center)

Wednesday, May 2nd, 6:30 PM:

The Community Party of Bolshevik
Russia

(Held at the Fairchild-Nichols
Memorial Library)

Wednesday, May 16th, 6:30 PM:

Consolidation of Power/Rise of
Stalin

(Held at the Fairchild-Nichols
Memorial Library)

Lunch and Learn **Get Hip, Don't Slip!** **Wednesday, April 4th** **10:30 AM**

Suzanne Samniotto, Director of
Rehab with Genesis Rehab
Services, will present a lecture on
fall prevention awareness.
Lunch will be sponsored by Vitality
to You and St. Joseph's Center of
Trumbull. To RSVP, please call
(203) 452-5199

Lunch and Learn **Balance in Action** **Fall Risk Assessment** **Wednesday, April 11th** **10:30 AM**

Join Suzanne Samniotto, Director
of Rehab with Genesis Rehab
Services, for a free fall risk
assessment to prevent falls.
Lunch will be sponsored by Vitality
to You and St. Joseph's Center of
Trumbull. For more information
and to RSVP, please call
(203) 452-5199.

Lunch and Bingo at **Middlebrook Farms** **Tuesday, April 17th** **12:30 PM**

Join your friends at Middlebrook
Farms for a fun game of Bingo.
A complimentary lunch will be
served. For more information
and to RSVP, please call
(203) 452-5199.

Lunch and Learn **Bone and Joint Health** **Wednesday, April 18th** **10:30 AM**

Dr. Lim, from Ludlowe Center
for Health and Rehabilitation,
will bring a bone and joint health
presentation to the Center. Lunch
will be provided. For more
information and to RSVP, please
call (203) 452-5199.

Lunch and Learn **True Freedom Premier** **Homecare Program** **Monday, April 23rd** **1:00 PM**

Join us for this informative
presentation on how to pay for
homecare without long term care
insurance. Hosted by Tony Lopez
of Benefit Planning Services
LLC. Lunch will be provided.
To RSVP, please call
(203) 452-5199.

Evening Programs:

Dine and Discover

Thursday, April 19th
5:00 PM

Join Rick Davis,
Regional Mobility Manager, with
the Kennedy Center to discuss
transportation resources that are
offered to Trumbull residents.
Dinner is on us! For more
information and to RSVP, please
call (203) 452-5199

Sit and Fit with ***Becky and Marylou*** **Every Tuesday at** **10:30 AM**

Please join Marylou Roof and
Becky Elmo for a gentle, seated
exercise class that is aimed to help
reduce stress and gain flexibility.
Becky will teach the class on the 1st
and 3rd Tuesday of the month.
Mary Lou will teach the class on the
2nd and 4th Tuesday of the month.
For more information, please call
(203) 452-5199.

Upcoming Membership

Renewal:

Due by July 1st

Applications will be mailed
and available online in May.

Upcoming Events:

• **Murder Mystery Play:**

Wednesday, June 13th
11:00 AM

• **Veteran Benefit Screenings**

Connecticut Department of
Veterans Affairs Ramon Agosto
returns to screen Veterans and
surviving spouses for all Veteran's
benefits. Bring your discharge
papers.

• **Older Americans Month**

"Engage at Every Age," which
emphasizes that you are never too
old (or too young) to take part in
activities that can enrich your
physical, mental and emotional
well-being and celebrates the many
ways older adults make a difference
in our communities.

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Please bring your own supplies. Extra yarn is available. Donations welcomed. Everyone welcome.

FAMILY CONFLICT GROUP

A 12 WEEK Group that will meet on The 1st and 3rd Thursdays of the month at **2:00 PM**.

This group is run by a licensed professional. This group is for anyone feeling frustrated with their family relationships; such as not connecting with your children or grandchildren as often as you would like or you have strained relationships that are affecting you.

April 5th + 19th

Chanté Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110

Daily Lunch Program

Join us for a hot lunch
Monday-Friday at 11:45 AM.
Reservations required 2 days in advance. Call (203) 378-3086.
Suggested donation of \$3.25.

Let's Go Green! And help save on the mailing costs.

Sign up to receive our newsletter
by e-mail or pick it up at the front
desk.

Email: jfranco@trumbull-ct.gov or
call (203) 452-5199



Computer Tutor: 1:1 Sessions

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media, anything!

You must RSVP. (203) 452-5199.
\$5.00 for non-residents. If you have a laptop, please bring it in.

Lunch and Movie

Friday, April 20th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: **Wonder**—A young boy with a facial deformity begins school and displays strength through being bullied. **Starring:**

Julia Roberts, Owen Wilson,
Jacob Tremblay

To RSVP, please call
(203) 452-5199.

Monthly Birthday Party

Friday, April 27th

11:30 AM

Come celebrate our April birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare.

To RSVP, call (203) 452-5199.

The Book Club

April Book:

The Reliable Wife
Monday, April
2nd, 11:00 AM



May Book:

"The Life We Bury" by
Allen Eskens

**Discussion: Monday,
May 7th, 11:00 AM**

Everyone is
welcome.



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\$10.00, Color/cut/set: \$50.00 +
Perm/wash/cut/set/blow dry: \$65.00

GAMES

Bingo

Monday, April 2nd

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

Goodies and refreshments. To
RSVP, please call (203) 452-5199.

Super Bingo

Friday, April 27th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments!

RSVP by calling (203) 452-5199.

Sponsored by the Senior
Commission and SYNERGY
Homecare.



Poker Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't
forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

New players are welcome to join!

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM Focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Sit and Fit with Becky and Marylou-10:30 AM A gentle, seated exercise class aimed to reduce stress, gain flexibility and strength.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Qigong with Julie-12:30 PM Practice that focuses on lowering stress, improving immunity and strengthening internal and external balance.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Jeannie-10:15 AM

Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Fridays:

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

Israeli Dance with Leng—11:30 AM Israeli Dance is great exercise for your mind, body and soul. No experience necessary.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

COUPON COLLECTION

The Social Services department is collecting grocery store coupons for their clients and food pantry savings. Drop off your un-used coupons at the Trumbull library near the food collection or in the Social Services office at the Senior Center.



TAX CREDITS MAY BE AVAILABLE Senior and Disabled Persons *Volunteer Tax Relief*

The town has established a program of tax relief for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a tax credit of a fixed amount up to \$600 upon his or her real estate taxes.

Volunteer hours are to be completed in one (1) calendar year. The tax credit earned shall be applied to the tax bill issued for payment in July of the year following the calendar year of service. Call the Senior Center at (203) 452-5199 if you would like to apply.

Call to see if you are eligible!



AARP Tax Aide

For the tax year 2017, AARP Tax Aide certified volunteers will offer free income tax preparation at the Trumbull Senior Center from 9:00 AM - 12:00 PM each Wednesday from February 7th through April 11th, 2018. No appointments are necessary—just walk in. What to bring:

- Photo ID
- Social Security Number/Card
- A copy of your 2017 tax return
- Social Security Statement, SSA 1099
- All tax forms received for tax year 2017 (W2, 1099, etc.)
- End of year investment statements (INT, DIV, STOCKS, BONDS)
- Documentation to support itemized deductions or credits claimed (medical, taxes, contributions, education expenses, etc.)

WISH LIST

- GROCERY STORE COUPONS
- DECAF COFFEE
- UNOPENED COOKIES AND CAKES
- UPDATED MAGAZINES
- ADULT COLORING BOOKS + PENCILS

The Trumbull Arts Commission presents:

2017 "Concerts and Cabarets"
April 8th-Radio Ranch Country Western
1:00 PM

Cabaret seating, bring your own refreshments:
\$5.00 per person

Pre purchase at Arts Office:

Contact: Emily Areson at
203-452-5065

*Transportation is available.
Reservations should be made
through Emily Areson at
203-452-5065.*



MORE COMMUNITY NEWS

New Medicare Cards to be issued

Connecticut is scheduled to get new cards
after June 2018.



Take a look at the New Medicare replacement card, which has been redesigned to prevent fraud. The card is still red, white and blue, but it no longer includes a Social Security number, gender, signature or other personal information that could compromise a Medicare beneficiary's identity.

The new cards have an 11-character, randomly assigned number that has no connection to a beneficiary's other personal data. Medicare has until December 2019 to get recipients their new card. For concerns about this, you can call SWCAA CHOICES program at 800-994-9422.

**VOLUNTEER RECEPTIONIST
NEEDED AT THE
SENIOR CENTER
PLEASE CALL 203-452-5199**

Tuesday Afternoon

(You may be eligible for a tax credit)

Interest Free Housing Loans for Seniors

The Senior Housing Assistance Fund (SHAF) was established by the Fairfield County Community Foundation and administered by SWCAA to help income-eligible people who are at least 60 or disabled, obtain or remain in safe, affordable housing. The Fund provides **interest free** loans to individuals who are in need of financial assistance. The funds can be used for security and utility deposits, moving expenses, furnaces, roof repairs, adaptive equipment and renovations. The applicant's household income must be equal to or less than 200% of the Federal Poverty Level and have limited assets. The borrower determines the repayment schedule. For an application or more information, contact Nancy Lombard at SWCAA 203 814-3671.

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<http://www.trumbull-ct.gov/TPAUD>



The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Service animals and assistive devices welcome. Call to inquire. (203) 452-5137. Registration is required.

The Mark Twain House and Museum and Mo's Midtown Restaurant Wednesday, April 25th

Visit and get a tour of the Mark Twain House and Museum in Hartford. Enjoy lunch at Mo's Midtown Restaurant. Admission to the museum is \$15.00. Cash only. Please pay the front desk on the day of the trip. You are responsible for the cost of your lunch. Maximum 14 riders. For more information and to RSVP, please call (203) 452-5199.

Bus Schedule:

- Bus will leave the Center by 10:00 AM
- The Mark Twain House and Museum from 11:00 AM—12:30 PM
 - Mo's Midtown Restaurant from 1:00 PM—2:30 PM
- Bus will return to the Center by 3:30 PM

Colorblends House and Spring Gardens and Andros Diner Thursday, April 26th

You're invited to visit the suburban, colonial house that has over 40,000 spring flower bulbs that fill the beautiful garden. \$3.00 suggested donation. Enjoy lunch at Andros Diner in Fairfield. Transportation is free; maximum of 14 riders. You are responsible for the cost of your lunch.

To RSVP, please call (203) 452-5199

Bus Schedule:

Bus will leave the Center at 10:00 AM.
Colorblends House: 10:30 AM—12:00 PM.
Andros Diner: 12:15 PM—2:00 PM
Bus will return to the Center by 2:30 PM.

The Shuttle Loop: Get a choice! Must RSVP: (203) 452-5199

Estimated pick up time between 9:00 am-10:00 am
Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, April 12th**
- **Trumbull Mall Trip—Thursday, April 26th**
There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

The Christmas Tree Shop and Duchess Restaurant Thursday, April 5th

Visit the Christmas Tree Shop in Milford and enjoy lunch at Duchess Restaurant in Orange. Transportation is free; you are responsible for the cost of your lunch. To RSVP, please call (203) 452-5137. Maximum 14 people.

Bus Schedule: Bus will leave the Center at 10:30 AM. Christmas Tree Shop from 11:00 AM—1:00 PM. Duchess from 1:15 PM-2:30 PM. Bus will return by 3:00 PM.

Need a Ride to the Doctor?

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611

Stop and Shop Schedule: Call for a pick up

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays
Shopping is from 10:00 AM -11:00 AM.
You will be picked up between 9:00 AM-9:45 AM.
Wheelchair accessible, aides or caregivers are welcome.



Transportation is available for pantry shoppers.
(riders must be at least 18 years of age)
Call 203-452-5137

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 11:00 Book Club 12:45 Line Dance 1:00 Bingo 2:00 Yoga	2 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit-Becky 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	4 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Fall Risk Prevention 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	5 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 11:30 Feldenkrais 12:30 Pinochle 12:30 Live Well Workshop 2:00 Family Conflict	9:00 Dance & Tone 6 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Mark Albertson 10:30 Sit and Fit-Mary Lou 11:15 Drama Club 11:30 Zumba Lessons 1:30 Tai Chi Quan	11 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Fall Risk Assessment 11:00 Tap Dance 12:30 Pinochle & Mahjong 12:30 Qigong	12 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Live Well Workshop 12:30 Pinochle	9:00 Dance & Tone 13 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Israeli Dance 12:30 Mahjong&Pinochle 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	16 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Sit and Fit-Becky 11:15 Drama Club 11:30 Zumba Lessons 12:30 Dominoes 12:30 Lunch + Bingo 1:30 Tai Chi Quan	17 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Bone & Joint Health 10:30 Computer Tutor 11:00 Tap Dance 11:30 DJ Al Song-Music 12:30 Mahjong & Pinochle 12:30 Qigong	18 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Live Well Workshop 2:00 Family Conflict 5:00 Dine & Discover	9:00 Dance & Tone 20 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch and Movie 11:30 Israeli Dance 12:30 Mahjong & Pinochle 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Homecare Program 2:00 Yoga	23 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 10:30 Mark Albertson 10:30 Sit and Fit-Mary Lou 11:15 Drama Club 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan	24 9:00 Yoga 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle and Mahjong 12:30 Qigong	25 9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:15 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 12:30 Pinochle 12:30 Live Well Workshop	9:00 Dance & Tone 27 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 11:30 Israeli Dance 12:30 Mahjong&Pinochle 1:00 Super Bingo 1-4 Billiards Game
9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	30	APRIL		



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Senior and Totally Disabled Homeowner Tax Relief Program

The Trumbull Tax Assessor's Office is accepting applications for tax relief benefits starting February 1, 2018 through May 15, 2018 on a walk-in basis. Social Services is available for scheduled appointments as well as home bound visits and can be reached at (203) 452-5198.

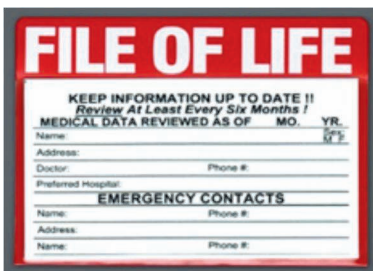
Homeowners on the tax relief program, who are due to renew with their 2017 income have received renewal reminder letters in the mail. New applicants are welcome.

The state and town tax relief programs are based on age, residency and income qualifications. The town income limit is \$70,000. The state income is \$43,000 (married) and \$35,300 (single). For further information please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at www.trumbull-ct.gov

For further information, please call the Trumbull Tax Assessor's Office at 203-452-5018 or visit our website at www.trumbull-ct.gov.

Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.



File of life is an important and useful way to gather information that can be accessible in an emergency. File of life is a wallet sized pouch that will keep record of any allergies, medication used, emergency contact information, doctor's information, and who to contact in a dire emergency.

These packets are currently recognized and endorsed by Hospitals, EMTs, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Trumbull's Emergency Medical Services (EMS) are working to improve the safety of their citizens, especially those in the older population. To sign up, please contact at the Trumbull Senior Center at **(203) 452-5199** or email at anapolitano@trumbull-ct.gov. For more information please go to <http://www.folife.org/>, or contact Trumbull EMS at **203-452-5146**. Home Visits are available! Amanda Napolitano is a social work intern from Sacred Heart University. She is available on **Tuesdays** and **Thursdays**.



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PASSPORT



DAY AND OVERNIGHT TRIPS: *Stop by the Center for detailed flyers*

Take a look at our day and overnight trips. Everyone is welcome. **Membership or residency not required.**

E-mail Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5199.

Payment and trip policy forms are required before signing up.

To view all trip flyers, visit the Center or visit our website: <http://www.trumbull-ct.gov>

Fidelco Guide Dog Foundation

USS Chowder Pot

Date: Saturday, May 19th

Cost: \$77.00

Tours of Distinction

Includes: Roundtrip Motor-coach,
Tours of Distinction Tour Director,
Free-time at Fidelco Guide Dog
Open House, Lunch, Taxes and
Gratuities (including driver and
tour director)



West Point Dress Parade

Date: Saturday, April 28th

Cost: \$105.00 pp-based on 40-52

Friendship Tours

Includes: Parade, Lunch at Hotel
Thayer, Guided Tour of West Point



2018 Upcoming Trips

- Corsets & Top Hats
- Libraries of Manhattan
- NYC Ballet/Chelsea Market
- New York Botanical Garden-
Georgia O'Keefe
- Harlem Famed Apollo Theatre
- The Boston Pops at Tanglewood

Over Night Trips with

Collette Tours

Tour: Albuquerque Balloon Fiesta

Departing: Thursday, October 11th,
2018

Returning: Tuesday, October 16th,
2018

Triple: \$2,649.00 pp

Double: \$2,679.00 pp

Single: \$3,379.00 pp



Culinary Institute of America

Caterina De Medici

Millbrook Winery

Date: Thursday, April 12th

Cost: \$132.00 pp

Tours of Distinction

Includes: Motor-coach, Guided
Tour, Lunch, Tasting and Tour of
Millbrook Winery, Taxes and
Gratuities including Driver and
Tour Director



It's Showtime at the Log Cabin!

**Presenting: The Kings and
Queens of Country**

Holyoke, MA

Date: Thursday, April 26th

Cost: \$99.00

Getaway Tours

Includes: Transportation, Complete
Luncheon and Show,
Driver Gratuity



Overnight Trips with Friendship Tours

Tour: Jesus Live On Stage

Lancaster, PA

Dates: September 5th-7th

Deposit Date: June 13th

Final Payment: August 1st

Single: \$561.00 pp

Double/Triple: \$451.00 pp

Overnight Trips with Friendship Tours

Tour: Nashville Music City

Nashville, TN

Biltmore Estate-Asheville, NC

Opryland Hotel-Grand Ole Opry

Ryman Auditorium-General

Jackson Lunch Cruise

Dates: October 9th-16th

Deposit Date: July 17th

Final Payment: August 21st

Single: \$2,231.00 pp

Double/Triple: \$1,761.00 pp

Overnight Trips with Tours of Distinction

Tour: Escape to Maine

Dates: September 5th-7th

Deposit Date: June 1st

Final Payment: July 9th

Single: \$855.00 pp

Double: \$599.00 pp

Triple: \$515.00 pp

Please note: Bus seating for day trips will be on first come, first serve basis.